

Abstract

Title: Performance of masters category swimmers in freestyle disciplines

Objectives: The main objective of the study is to evaluate the level and trends in performance of masters swimmers of various age categories in crawl disciplines in the Czech Republic. Particular objectives are: record and evaluate performance according to categories and disciplines, record the opinions of masters swimmers on their sport activity and obtain sport anamneses for selected masters swimmers. The performance of both men and women is monitored.

Methods: In our study, we applied the combined type of research and used both quantitative and qualitative investigation of the selected topic. The quantitative part of the study was based on the examination of documents and inquiries. Data gathered was analyzed and interpreted by using descriptive statistics and tabular and graphic representation. The observation and interview methods were used in the qualitative part of the research to explain sport anamneses of selected swimmers. The survey took place in the competition season 2010/2011.

Results: The results presented show that the best results in the youngest masters age categories approach the results of the sport swimmers in their top period. Approximately till 50 – 60 years of age, gradual and almost linear decline in performance is observed. After this period, the performance of masters swimmers decreases more significantly and the role of training approach of individual swimmers gets important. Sport anamneses of performance of selected swimmers indicate that almost stable level of performance can be maintained across several masters categories if ambitious training is applied. The training regime with three swimming and two dry units a week was found to predominate. The competitions have a strong motivation effect for the actual sport activity.

Key words: swimming, swimming performance, sport anamneses, adulthood to old age